

HOPE NAVIGATOR TRAINING AGENDA

The Hope Navigator training is a focused 12 hour training designed to prepare selected individuals to provide leadership and support on the *Science and Power of Hope*. This training is designed to use small group discussion and brainstorming groups for shared learning. Therefore, engagement is a requirement. For those attending virtually, you should join the training with access to a camera and audio for full participation.

Before the Training:

1. Identify your unique character strengths by completing a profile at www.viacharacter.org
2. Please complete the assigned pre-readings provided in the meeting confirmation email before the first course.

Day 1

Session 1: 9:00 am – 12:00 pm *Hope Theory*

1. Introduction to positive psychology and Hope in the context of well-being.
2. The *Power and Science of Hope*, *Hope Awareness* presentation
3. Hope Reading Review:
 - a. *Rainbows of the Mind*,
 - b. *3 Pillars of Trauma Informed Care*,
 - c. *Hope and Resilience*

Break-Out Discussion Focus (Readings):

1. What is the big take away for each article?
2. Why is nurturing Hope important?
3. What does it mean to claim, “Hope is a science”?
4. Is positive psychology only focused on what is good? Is it just the power of positive thinking?
5. What is needed for your CHC to implement the 3 pillars of TIC?

Session 2: 1:00 pm – 4:00 pm *Enhancing, Finding and Modeling Hope*

1. The Importance of Setting and Clarifying Goals
 - a. Your Personal and Professional Goals Worksheet
2. Identifying Pathways to Nurture Hope
 - a. Hope Worksheets
 - b. Pathways to Goals Worksheet

Break-Out Discussion Focus:

1. How does identifying and discussing goals nurture hope?
2. How is goal setting understood in the research? What is the impact of high and low hope on goal setting?
3. Why do people benefit from pathway planning and considering barriers and problems? Doesn't that just lower hope?
4. What do you feel when you work on your goal setting worksheet?
5. How can you help others make the connection between the activities and their own hope? Can the tools help Hope rise?

6. Individual hope can be varied in any group, how can you use the training and information to find hope, enhance hope and model hope?

Day 2

Session 3: 9:00 am – 12: 00 pm *Hope at Work: Building a Hope Centered Organization*

1. Check-In: Big Group Discussion
 - a. Tell us one thing that stands out to you about hope?
 - b. Describe one thing about hope this is not clear or causes some doubt.
2. The Science and Power of Hope at Work
 - a. 10-minute Breakout rooms: (Where do you see hope in your work, in the community hope center? What are the potential detractors to integrating hope?)
3. Characteristics of a Hope Centered Organization
 - a. 6 Guiding Principles of a Hope Centered Organization
4. Measuring Hope
 - a. Take and score the adult hope scale.
5. Hope Reading Review
 - a. Discussion on *Camp Hope*, *Building Hope for the Future*, and *Hope & Leadership*

Discussion Focus:

1. What is the big take away for each article?
2. Where is there a risk for hope to decrease?
3. How have the authors of the readings used Hope to build programs and organizations? What was the result of their effort?

Session 4: 1:00 pm – 4:00 pm *Hope Centered Implementation and Change*

1. Where do we go from here? Using the tenants of Hope to implement a Hope Centered framework in the center.
2. Hope Centered Model for Project Implementation
 - a. Large group brainstorming of ideas to use Hope in the CHC
 - b. 25-minute break out by center teams to complete the goal setting worksheet
 - c. Debrief the goals in large group
 - d. 35-minute break out by center teams to complete pathways to goals worksheet
3. Determining your implementation goals and selecting pathways
 - a. On boarding new employees.
 - b. Lunch and learn awareness presentations.
 - c. Stakeholder presentations.
 - d. Etc.
- 4.

Discussion Focus:

1. What are the opportunities to use Hope in your project?
2. Are there policy strategies, program strategies or structural strategies that can be adapted to help with Hope finding, Hope enhancing and Hope modeling?
3. As a team, what do you think needs to happen next?